

Ginger Beer Fizz Recipe suggestion

Serves 1 (134kcal, 15g protein per serving)



Ingredients*

- 1 sachet of ProSource Plus
- 170ml Ginger Beer
- 1 lime wedge or garnish of your choice (optional)
- Ice cubes

Method

Step 1

Pour sachet of ProSource into your chosen glass

Step 2

Add ice and top with ginger beer

Step 3

Mix well with a spoon or drinking straw

Step 4

Garnish with a wedge of lime and enjoy!



Serving suggestion

* Allergens may be present, please check individual product and ingredients labels.
If concerned about allergens please contact your healthcare professional.

** Fresh ginger root for decorative purposes only.